

Lesson Plan

Neil Porter

Roll - 3 minutes. Students will complete Activity Log

Objectives: Written on white board in gymnasium

- The students will review and analyze physical activities performed outside the classroom.
- The students will continue to progress (improve) in all areas of Fitness
- The students will be able to complete a variety of activities to help them identify, record and assess the different areas of fitness
- The students will be able to demonstrate safety and sportsmanship through physical activity.

Warmup - 15-20 mins

- ① Progressive Walk, Jog, Run - 2x
- ② Dynamic Stretch - Frankenstein, Swinging Gait, Lunges, High Knee Tuck, Flying Squirrels, Walking on Heels. All 2x
- ③ Static Stretch - Shoulders, Triceps, Back
- ④ Pushups - Pyramid, Curlups - 4 movements 20 sec. each

Cardio Run - 10 mins. 1 minute run, 1 minute walk

Water Break - 2 minutes

Activity (30 minutes) - Students will play Team Handball
Active

5 minutes - Develop Teams and Rotations

Depending on space available 2 Teams Full Court with a First and Second Group or 4 Teams - Round Robin Tournament. Each team plays other team at least once.

Weight Training - Students will complete program designated in their Fitness For Life Book. Complete sets + reps of each exercise. Students will record in Book. Students will also complete 500m speed row. Record in book.

Closure - 5 minutes - Students will come together. Check to make sure everything has been recorded in their strength training log. Next assignment from textbook will be reviewed and assigned. Students will